

**Abstract of the Disclosure**

The present invention provides a full body harness which can include curved webbing, a spreading back pad and/or leg buckles which improve the comfort, use and performance of the harness. Preferably, the harness uses five pieces of webbing, namely, two curved webbing shoulder straps, two identical leg straps, and a subpelvic strap. The harness can also have a spreading back pad which helps to keep the shoulder straps from riding up onto the neck of the wearer.